



Secaucus Public Library

February

16th

6:30pm

Relationship Building with Life Coach Sifu Karl Romain

Are you frustrated and confused as to why you can't find satisfaction in your relationships? Are you able to effectively communicate? Do you feel comfortable being your authentic self? Does your dating life seem like a repeating pattern of disappointments?

What attendees will learn:

- **Steps to dramatically transform any relationship**
- **How to overcome relationship challenges**
- **How forgiveness will allow you to move forward with an open heart**
- **How to find strength in genuine vulnerability**
- **Listening skills to be fully engaged when listening to another person**
- **How to ask for what you really want and deserve**



Space is limited, secure your spot on the calendar at
secaucuslibrary.org